



# DAY NURSERY MENU

## LUNCH MENU

# July 2022 to February 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	<b>Main Course</b>	Baked Cod Fishcake Low Sugar Baked Beans New Potatoes	Vegetable Pasta Bake Topped with Cheese Sweetcorn	Chickpea Cauliflower Potato & Broccoli Curry Steamed Rice	Pork Sausages in Gravy New Potatoes Mixed Vegetables	Turkey A La King (Turkey Mushrooms, Peppers, Peas, Potatoes in a Creamy Sauce) Crusty Bread
	<b>Vegetarian</b>	Vegetable Cutlet Low Sugar Baked Beans New Potatoes	As Above	As Above	Vegan Sausages in Gravy New Potatoes Mixed Vegetables	Quorn A La King Crusty Bread
	<b>Dessert</b>	Arctic Roll	Banana & Yoghurt	Apricot Flapjack	Pears with Ice Cream	Vanilla Sponge with Chocolate Drizzle
	<b>Weaning 3-9 Months</b>	Potato & Baked Bean Puree	Sweetcorn, Mushroom & Pepper Puree	Cauliflower & Potato Puree	Mixed Vegetable Puree	Pepper & Pea Puree
WEEK 2	<b>Main Course</b>	Lentil, Spinach, Cauliflower & Butternut Squash Curry Steamed Rice	Swedish Meatballs in Herby Tomato Sauce with Pasta Garden Peas	Chunky Vegetable Chilli (Carrots, Swede, Butternut Squash, Peppers, Courgette & Kidney Beans) Steamed Rice	Pulled Pork, Sliced Potatoes & Leeks with Sage Gravy Mixed Vegetables	Vegetable Pasta Bake topped with Cheese Sweetcorn
	<b>Vegetarian</b>	As Above	Mushroom & Spinach Pasta Garden Peas	As above	Quorn Sliced Potatoes & Leeks with Sage Gravy Mixed Vegetables	As Above
	<b>Dessert</b>	Peaches & Natural Yoghurt	Lemon Drizzle Cake	Arctic Roll	Melon with Fruit Yoghurt	Iced Ginger Cake
	<b>Weaning 3-9 Months</b>	Cauliflower & Butternut Squash Puree	Pasta & Pea Puree	Swede & Courgette Puree	Mixed Vegetable Puree	Sweetcorn & Pea Puree
WEEK 3	<b>Main Course</b>	Sausage & Mixed Bean Cassoulet With New Potatoes	½ Oven Baked Jacket Potato Low Salt Baked Beans Cheese	Sweet & Sour Chicken with Pineapple & Green Beans Steamed Rice	Spinach Pepper & Sweetcorn Pasta Peas	Minced Beef & Carrot Hot Crusty Bread
	<b>Vegetarian</b>	Vegan Sausage Cassoulet With New Potatoes	As Above	Sweet & Sour Quorn with Pineapple & Green Beans Steamed Rice	As Above	<b>Vegan Mince &amp; Carrot Hot Hot</b>
	<b>Dessert</b>	Swiss Roll	Banana & Custard	Vanilla Cookie	Chocolate Cake With Ice Cream	Oranges with Fruit Yoghurt
	<b>Weaning 3-9 Months</b>	Potato & Bean Puree	Pea Puree	Pepper & Sweetcorn Puree	Carrot & Potato Puree	Mixed Vegetable Puree

### Week One

25<sup>th</sup> July  
15<sup>th</sup> August  
5<sup>th</sup> September  
26<sup>th</sup> September  
17<sup>th</sup> October  
7<sup>th</sup> November  
28<sup>th</sup> November  
19<sup>th</sup> December  
16<sup>th</sup> January  
6<sup>th</sup> February

### Week Two

1<sup>st</sup> August  
22<sup>nd</sup> August  
12<sup>th</sup> September  
3<sup>rd</sup> October  
24<sup>th</sup> October  
14<sup>th</sup> November  
5<sup>th</sup> December  
2<sup>nd</sup> January  
23<sup>rd</sup> January  
13<sup>th</sup> February

### Week Three

8<sup>th</sup> August  
29<sup>th</sup> August  
19<sup>th</sup> September  
10<sup>th</sup> October  
31<sup>st</sup> October  
21<sup>st</sup> November  
12<sup>th</sup> December  
9<sup>th</sup> January  
30<sup>th</sup> January  
20<sup>th</sup> February